

D<sup>1</sup>  
1. (2x Amended) A food supplement comprising L-arginine, a source of amino acids and at least one substance which increases nitric oxide production selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, folic acid and glucomannan.

D<sup>2</sup>  
4. (2x Amended) A food supplement comprising L-arginine, a source of amino acids and at least one substance which can enhance and/or mimic insulin activity selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, glucomannan and d-pinitol.

D<sup>3</sup>  
13. (2x Amended) The food supplement according to any one of claims 1, 3-5, 7,8 and 10-12, wherein the source of amino acids is selected from the group consisting of WPI 97, Whey Peptides, WPC 80, or ION EXCHANGE, lactoferrin, and whey protein.

D<sup>4</sup>  
20. (2x Amended) The food supplement according to claim 19, wherein the amount of glycosidal saponins is 150 mg to 1500 mg; the amount of myo-inositol is about 100 mg to 2000 mg; and the amount of glucomannan is 25 mg to 2000 mg.

21. (2x Amended) The food supplement according to claim 19, wherein the amount of glycosidal saponins is 50 mg to 500 mg; the amount of myo-inositol is about 200 mg to 1000 mg; and the amount of glucomannan is 50 mg to 1000 mg.

22. (2x Amended) The food supplement according to claim 19, wherein the amount of glucomannan is 100 mg to 500 mg.

23. (2x Amended) The food supplement according to claim 19, wherein the amount of glycosidal saponins is about 50 mg.

24. (2x Amended) The ~~food~~ supplement according to any of claims 19-23, wherein the source of amino acids is ~~whey protein~~.

D4  
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F2

25. (2x Amended) A method for supplementing the diet of an athlete, comprising administering as  
as part of the diet an effective amount of a supplement comprising L-arginine, a source of amino acids and at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, glucomannan and folic acid.

D5

28. (2x Amended) A method for supplementing the diet of an athlete, comprising administering as part of the diet an effective amount of a supplement comprising L-arginine, a source of amino acids and at least one substance which can enhance and/or mimic insulin activity selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, glucomannan and p-pinitol.

D6

34. (2x Amended) A method for increasing muscle mass and/or strength of an individual, comprising administering as part of the diet of an athlete of an effective amount of L-arginine, a source of amino acids, and at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, and folic acid.

D7

37. (2x Amended) A method for increasing muscle mass and/or strength of an individual comprising administering as part of the diet of an athlete an effective amount of L-arginine, a source of amino acids and at least one substance which can enhance and /or mimic insulin activity selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, glucomannan and d-pinitol.

D8

43. (2x Amended) A method for supplementing the diet of an athlete, comprising

D<sup>8</sup>  
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administering as part of the diet of an athlete an effective amount of supplement comprising L-arginine, whey protein and at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, glucomannan and folic acid.

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D<sup>9</sup>

46. (2x Amended) A method for supplementing the diet of an athlete, comprising administering as part of the diet of an athlete an effective amount of L-arginine, whey protein, and at least one substance which can enhance and/or mimic insulin activity selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-inositol, d-chiro-inositol, l-chiro-inositol, glucomannan, and d-p-pinitol.

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53. (2x Amended) The method according to claim 52, wherein the amount of glycosidal saponins is 150 mg to 1500 mg; the amount of myo-inositol is about 100 mg to 2000 mg; and the amount of glucomannan is 25 mg to 2000 mg.

54. (2x Amended) The method according to claim 52, wherein the amount of glycosidal saponins is 50 mg to 500 mg; the amount of myo-inositol is about 200 mg to 1000 mg; and the amount of glucomannan is 50 mg to 1000 mg.

55. (2x Amended) The method according to claim 52, wherein the amount of glucomannan is 100 mg to 500 mg.

56. (2x Amended) The method according to claim 52, wherein the amount of glycosidal saponins is 50 mg.

57. (2x Amended) The method according to any one of claims 52-56, wherein the source of amino acid is whey protein.

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D<sup>11</sup>

64. (2x Amended) The food supplement according to any one of claims 1, 3-5, 7,8 and 10-12, wherein the source of amino acids is selected from the group consisting of WPI 97,